Food

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No dairy, no gluten, no sugar, no caffiene, no alcohol

Organic meats, wild salmon

Organic Veggies & Fruits

Candida Veggies

Eating non-starchy vegetables starves the Candida of the sugar that feeds it. You should buy your vegetables fresh and eat them raw, steamed or grilled.

Avoid starchy vegetables such as sweet potatoes, potatoes, yams, corn, all winter squash, beets, peas, parsnips and beans. Olives are OK as long as they are not in distilled white vinegar.

Artichokes

Asparagus

Avocado

Broccoli

Brussels sprouts

Cabbage

Celery

Cucumber

Eggplant

Garlic (raw)

Kale

Olives

Onions - no for GERD

Rutabaga

Spinach

Tomatoes - no for GERD

Zucchini

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Nuts

Almonds

Coconut meat

Flax Seed

Hazelnuts

Pecans

Sunflower Seeds

Walnuts

These nuts are healthy and have a low mold content. If you're still worried about mold, soak them in a diluted grapefruit seed extract solution for a few hours.

For baking, almond flour and coconut flour are healthy options.

NON-GLUTINOUS GRAINS

Buckwheat

Millet

Oat Bran

Quinoa

These grains contain a high amount of fiber, excellent for keeping your digestive system moving and eliminating Candida toxins. Most products derived from this list are also OK - e.g. quinoa crackers, buckwheat flour. You can find these in the gluten-free section in health food stores.

GERD

No tomatoes - no citrus fruits and juices

No onions

No carbonated beverages

No alcohol

No fatty food

No coffee - apparently not as bad with decaf

No peppermint or spearmint

No chocolate

Spicy food irritate some people

CANDIDA

No fruits when first starting to battle this.

NON-GLUTINOUS GRAINS

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Millet

Oat Bran

Quinoa

1. Organic pastured animal products: beef, bison, veal, lamb buffalo, wild-caught seafood, poultry, pastured eggs
2. Low carbohydrate vegetables: broccoli, spinach, cauliflower, kale, cabbage, arugula, chard, cucumber, peppers, tomato (fresh only), onion, leek, asparagus, garlic, artichokes,
3. Raw nuts and seeds: sunflower seeds, pumpkin seeds, flax seeds, chia seeds, almonds, low mold nuts (No peanuts, walnuts, pecans,cashews, brazil nuts,)
4. Healthy Fats: Extra virgin olive oil, coconut oil, coconut milk, ghee, avocado, organic butter
5. Other: Tamari GF Soy Sauce, Tempeh, Miso, Apple Cider Vinegar
6. Beverages: Filtered Water, non-fruity herbal teas, mineral water, fresh veggie juice